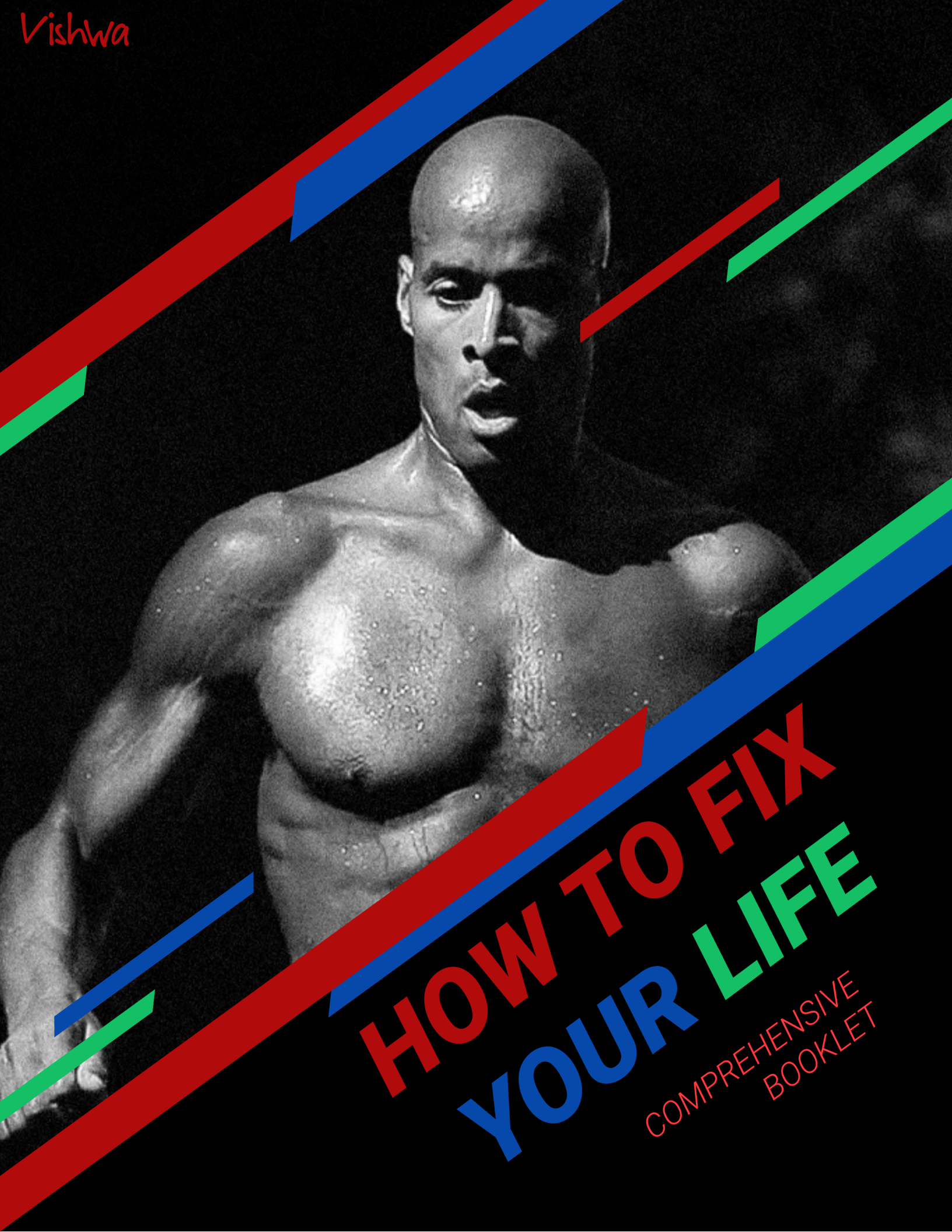


Vishwa



HOW TO FIX YOUR LIFE

COMPREHENSIVE
BOOKLET

HEALTH/DIET

1st pillar of a good life

Having a good diet is very important to our lives because without food, our body struggles to function at full capacity. Understanding **Food** and **Diet** is a very hard process, so I made it into three easy rules!.

Rule 1: Eat a **balanced** diet



This means eating a variety of foods from all food groups. This will help you get all the nutrients your body needs to function properly. A balanced diet includes:

- **Fruits and vegetables:** Aim for at least five servings a day.
- **Whole grains:** Choose whole grain bread, pasta, and rice over refined grains.
- **Lean protein:** Include lean meats, poultry, fish, beans, and eggs in your diet.
- **Healthy fats:** Choose healthy fats like olive oil, avocado, and nuts.



For more information about diet specifically for longevity, Check this website out!:



SCAN ME

Rule 2: Practice **Mindful Eating**



This means paying attention to your **hunger and fullness cues**. It also means eating slowly and **savoring your food**. **Mindful eating** can help you make healthier choices and avoid overeating. Here are some tips for mindful eating:

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- Eat slowly and **savor your food**.
 - Pay attention to your **hunger** and **fullness** cues.
 - Eat **without distractions**, such as your phone or TV.
 - Choose healthy foods that you **enjoy**.

Rule 3: Make **Gradual Changes**



This means making **small changes** to your diet over time. This is more **sustainable** than making drastic changes all at once. Start by making one or two small changes each week. Once you've mastered those changes, you can add more. Here are some examples of gradual changes you can make:

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- Add one serving of **fruit or vegetables** to your diet each day.
 - Switch from refined grains to **whole grains**.
 - Replace sugary drinks with **water or unsweetened beverages**.
 - Cook more meals **at home** instead of eating out.

FITNESS

2nd pillar of a good life

Getting into fitness is one of the best things you can do to feel better in most places in life, but it can feel **overwhelming**, but it doesn't have to be, so I made three simple rules to **help you** get started and stay on track

Rule 1: Set **SMART** Goals

This means setting goals that clearly define what you want to achieve (e.g., "Run a 5k," not just "Get in better shape").

- **Specific:** Clearly define what you want to achieve (example "Run a 5k," not just "Get in better shape").
- **Measurable:** Track your progress so you know when you're making improvements (e.g., "Run for 30 minutes three times a week").
- **Achievable:** Start with realistic goals that you can actually accomplish, and not setting unrealistic standards for yourself.
- **Relevant:** Make sure your goals align with your overall fitness aspirations.
- **Time-bound:** Set a deadline for achieving your goals.

To summarize, instead of saying "I want to lose weight," a SMART goal would be "I want to lose 1 pound per week for the next 12 weeks by exercising three times a week and following a healthy diet."

Another tip that will help you is to write your goals down on a piece of paper and stick them on your wall, this helps you be constantly reminded of your goals and motivate you when you cross them out.

Rule 2: Follow a **Structured Workout Plan**



Having a plan is crucial for achieving your **fitness goals**. It provides direction, keeps you accountable, and helps you track your progress. To make it easy for you to get started, I've created a sample **workout plan** that you can follow from Monday to Friday.



My plan includes a variety of exercises that target different muscle groups, giving a well-rounded workout routine. It's designed to be adaptable, so feel free to adjust it based on your fitness level and preferences.

Rule 3: Start **Slowly** and Be **Consistent**



It's important to start slowly and gradually increase the intensity and duration of your workouts. This will help you avoid injuries and burnout. Consistency is key when it comes to fitness. It's better to do a little bit of exercise regularly than to do a lot of exercise sporadically.

Here are some tips for staying consistent:

- **Schedule your workouts:** Treat them like important appointments.
- **Find a workout partner:** Having someone to exercise with can help you stay motivated.
- **Track your progress:** Seeing how far you've come can be a great motivator.
- **Don't give up:** Everyone has setbacks. Just keep going and you'll eventually reach your goals.

MENTAL HEALTH

3rd pillar of a good life

In today's fast world, it's easy to get caught up in the hustle and bustle of daily life and forget to take care of our mental well-being. However, taking care of our minds is just as important as taking care of our physical health. Here are three simple rules to help you prioritize your mental wellness:

Rule 1: Practice Self-Compassion



Be kind and understanding towards yourself, especially during tough times. Treat yourself like a good friend.

- **Acknowledge your struggles:** It's okay not to be okay.
- **Challenge negative self-talk:** Replace self-criticism with positive affirmations.
- **Remember everyone makes mistakes:** Learn from them and move forward.
- **Practice positive self-talk:** Remind yourself of your strengths and accomplishments

I can guarantee that by following these rules, your mental well being will be better, to judge this, you can follow the qr code in the back and take an official NHS Mental Health test, and you can take the test again after following these principles, and you will see an increase

It is also important to note that you should not get upset with yourself if you do not see immediate change, everyone is different, so please take that into account

Important Note: Seeking Support: If you're struggling, talking to a trusted adult or mental health professional is a sign of strength.

Rule 2: Practice Gratitude Journaling



Having a gratitude journal is a very wholesome and easy way to feel happy with where you are currently, Focusing on the positive can boost your mood. A gratitude journal helps you appreciate the good in your life and forget the negatives.

- Each evening, write down 3 things you're **grateful** for.
- **Reflect** on why you're grateful for each item.
- Notice how focusing on the **positive** impacts your mood.
- Try to find gratitude even in **challenging situations** (for example: **lessons learned**).

Rule 3: Connect with others



Humans are social creatures, so social connections are vital for mental well-being. Spending time with loved ones provides support and helps you feel less alone.

- Schedule **regular time** with **friends** and **family**.
- **Reach out** to someone you haven't spoken to in a while.
- Join a **club or group** with **shared interests**.
- **Be present** when connecting with others; **put away distractions** and truly listen.

Quick Tip:



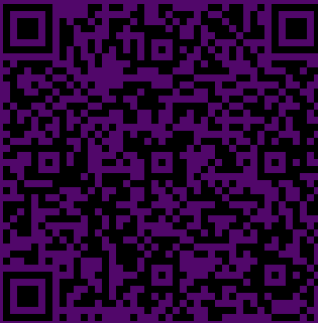
Prioritize Sleep:

Aim for 7-8 hours of quality sleep each night. It significantly impacts mood and energy levels.

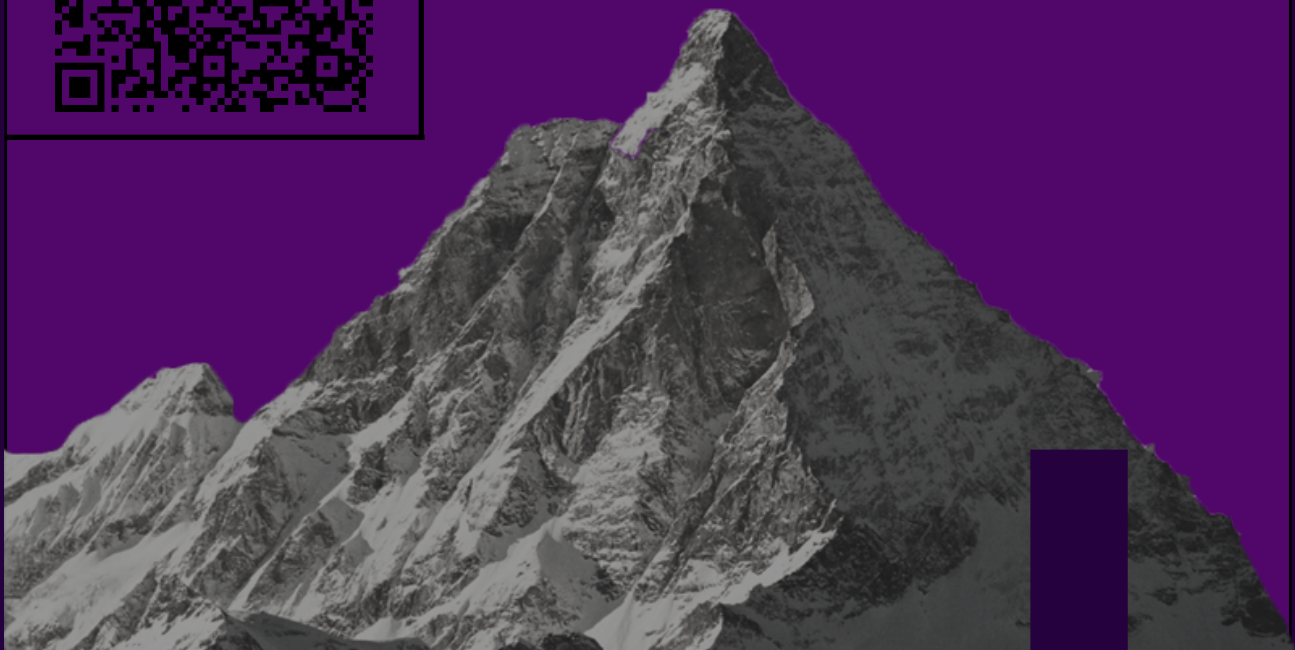
Start your journey
today! Every small step
counts.



NHS Wellbeing Test



To use the links in the QR
code in the fitness section,
you need to download the app
called "Strong".



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